

# family health



Summer 2005

## things to know

### About SIDS

One of your most important jobs as a parent is to keep your child safe.

That's why if you've just had a baby—or if you're pregnant—it pays to know all you can about SIDS.

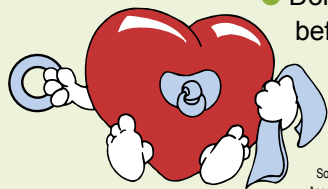
SIDS stands for *sudden infant death syndrome*. It's also called *crib death*.

Each year about 3,000 babies die from SIDS.

But there are steps you can take to protect your baby:

- Put your baby to sleep on his or her back—not tummy.
- Make sure your baby sleeps on a firm mattress—not on a soft surface, like a sofa.
- Take pillows, quilts and stuffed toys out of your baby's crib.
- Be sure that blankets don't cover your baby's face during sleep.

- Don't smoke—before or after your baby's birth.



Sources: American Medical Association; National Institutes of Health

## Help keep diabetes away

Diabetes is a disease you want to avoid. It can hurt your heart, eyes, kidneys and nerves.

People with diabetes can take steps to prevent or delay problems. But it's far better to stay healthy in the first place.

So help protect yourself with these three keys.

**1. Know your risk.** Work with your doctor to find out whether you are at risk for diabetes. Your chances of getting diabetes increase as you get older. If you're 45 or older, ask your doctor about being tested, especially if you're overweight.

**2. Stay active.** You don't have to run a marathon or work out for hours to prevent diabetes. If you walk for just 30 minutes most days of the week, you can protect yourself.

**3. Watch the scale.** Are you overweight? Then losing as little as 5 percent of your total weight will lower your risk. (That's

dropping only 8 pounds if you weigh 160 pounds.)



Source: National Institutes of Health

Si necesita esta información en español, llame al 1-800-391-2000.

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## Helping your overweight child

These days more and more kids are overweight. And that's something to be concerned about.

When kids weigh too much, they might not feel good about themselves. And being overweight can raise their risk for a number of health problems.

If you think your child is overweight, talk to his or her doctor. It's not good to put a child on a diet unless the doctor tells you to.

If the doctor says your son or daughter does need to lose a few pounds, these tips may help:

**Make it a family affair.** Don't focus on changing the habits of just your overweight child. Instead, think of this as a time to help the whole family. You all can benefit from eating better and being more active.

**Plan healthy meals.** Serve plenty of fruits and vegetables. And try to cut back on portion sizes and foods high in fat.

Don't have fast food often.

**Eat together.** Kids learn about good nutrition by watching what and how you eat.

**Be active with your children.** Go bicycling after dinner, for instance. Kids may look forward to exercise if it's something that's fun for them.

**Limit down time.** Don't let your kids spend more than two hours each day watching TV or playing computer games.

Above all else, make it clear that you love your child no matter how much he or she weighs. Your support will mean a lot.

Sources: Institute of Medicine; National Institutes of Health



To learn more about healthy eating, call our Health Education Department at 1-800-391-2000.

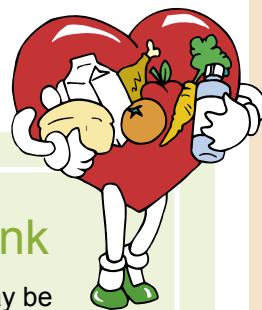
### Limit how much soda kids drink

One way to help keep kids from gaining weight may be to limit how much soda they drink.

A large soda may contain hundreds of calories. Even if you drink just a few sodas a week, those calories add up. Before you know it, those calories put on pounds.

Soft drinks may be OK once in a while. But most of the time it's better for your kids to have healthier drinks. Water is a good choice. So is milk—it's loaded with nutrients and calcium that can help your kids have healthy teeth and bones.

Source: American Dietetic Association



### Snack attack: Make it healthy

Between-meal snacking isn't a bad thing when it's done right.

Some snacks can actually be good for your family. To make sure your kids snack wisely, keep foods that are good for them in your home. Healthy choices include:

- Fruit.
- Fresh vegetables, such as baby carrots or cucumbers.
- Low-fat cheese.
- Peanut butter on crackers.
- Low-fat yogurt.
- Low-fat pudding.
- Fig bars.
- Whole-wheat toast with peanut butter.

Sources: American Dietetic Association; Baylor College of Medicine



Breast changes:

## What's cause for concern

Getting breast cancer may be one of your health concerns. But there are changes that can occur in your breasts that aren't cancer. They still may need a doctor's attention.

### Changes that aren't dangerous

You can have pain or swelling in breasts during your period or if you are pregnant. While this may be uncomfortable, it's usually not a reason for concern.

*If you have unusual changes in a breast, your doctor may want you to have a mammogram.*

You might also find:

**Fibrocystic changes.** This is the most common breast problem. Your breast may feel lumpy, swollen or tender.

**Fibroadenomas.** These are hard, round growths that feel rubbery. They move around easily and usually don't cause any pain.

**Cysts.** These are fluid-filled sacs. They can be almost any size, and they can be painful.

These changes usually don't require treatment. But talk to your doctor if you have any of these symptoms. He or she can make sure you don't have a more serious condition.

### Other changes

You should see your doctor if you notice a new lump. Even though most are not cause for concern, some are cancer.

If you have unusual changes in a breast, your doctor may want you to have a mammogram. Women older than 40 should have a mammogram every one or two years. Mammograms are the best way to find breast cancer.

## Try taking a walk to lift your mood

It's not unusual to feel anxious or depressed. But don't take it lying down. Getting some exercise can improve your mood.

### Make the commitment

Exercise doesn't have to be intense to be helpful. Walking or gardening can be a good start.

The important thing is to keep it up.

Try these tips to make exercise work for you:

- Check with your doctor first.
- Begin slowly. Even a 10-minute walk can help.

- Work out with a friend.
- Make exercise a regular part of your life. Schedule it just as you would an appointment.
- Choose activities you enjoy.

### Body and mind

Expect to have more energy when you get active. Your self-esteem may also go up.

Physical activity may even help you learn and remember. And exercise helps control weight and reduces the risk for many diseases.

Try to be active for at least 30 minutes most days of the week.

Source: American Psychological Association



Source: National Cancer Institute



## Take a stand against smoking

It's no secret: Smoking causes major health problems over time. Think cancer and heart disease.

But smoking does fast damage too. Get this: Just one cigarette can make you feel dizzy, sick to your stomach and short of breath.

Smoking can also affect your grades. And it can make you feel worse about yourself.

The fact is, turning down tobacco can be tough. That's especially true if you're stressed or are pressured to light up.

But you can take a stand against smoking. These tips can help:

- Don't let anyone convince you that smoking is OK.
- Know the truth. Some movies, TV shows and magazines make

it look like smoking is "in." But most teens and adults don't smoke.

*The fact is, turning down tobacco can be tough.*

- Don't waste your cash on tobacco. Think of the money you'll have for other things you need or want.
- Spend your time hanging out with friends or playing sports, not smoking.

If you need help saying no to smoking, talk to someone you trust. Your doctor or a school counselor may be a good place to start.

Sources: American Academy of Family Physicians; Centers for Disease Control and Prevention

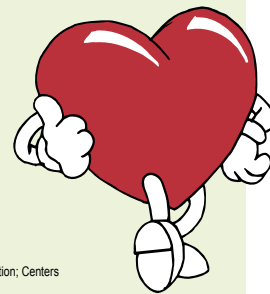
## Everyday health

Health is an everyday thing.

It all matters—what you do, how you eat and how you act.

So here are some day-to-day ways to stay well:

- Stay at a healthy weight. This can help protect you from diabetes, heart disease and stroke.
- Try for 30 minutes of exercise on most days. Walking, swimming or jogging are good choices. Chores such as vacuuming and cutting the grass count too.
- Cut back on red meat, cheese and whole-milk items. Eat more fruits, vegetables and whole-grain items.
- Practice good safety habits. Wear a seat belt in the car, a helmet when you ride a bike and sunscreen when outdoors.
- Cope with stress by relaxing with a hobby, talking with friends or taking a break.
- Don't smoke. See your doctor if you need help quitting.
- Visit your doctor regularly for checkups.



Sources: American Medical Association; Centers for Disease Control and Prevention

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